

60 MINUTE WORKOUT

combining a variety of music, movement,
dance styles, and strength training



Led by an instructor at
South Valley Multipurpose Senior Center
2008 Larrazolo Rd. SW • Albuquerque, NM 87105

BERN
CO Bernalillo County
www.bernco.gov

Saturday
10:30 a.m. - 11:30 a.m.

DANCE FITNESS

WORKOUT

please call 505-468-7341
for additional info